243 flint-corn," and the other as "dent corn." The various colors are secondary characteristics, and cannot be classified as distinct specimens.[20] The bean preferred is a variety
244 (*Phaseolus vulgaris* L.) found, in Costa Rica, only among the *Boruca*.[21] It is a pole bean, and is red with large white spots.

241 The Indians visit their farms daily, leaving
[512] the village early each morning and returning about four or five in the afternoon. They take with them a lunch usually consisting of
[262] one or two items including either a tamale called *tʃari-ko*, which is made of dried green plantains, or chicha made from corn. The
[462] primary clearing of the forest to make the field is done by both men and women. The felled trees are burned in the dry season, and from then on, only the women, often assisted by the children, do the work.

245 In the village, and often on the savannas, guavas (*guayabos*) (*Psidium Guajava* L.), *Inga* (guavas) (*Inga spectabilis* [Vahl] Willd.), Spanish plums, *jocotes* (*Spondias purpurea* L.), and nances (*Byrsonima crassifolia* [L.] DC.) are found. These trees, although apparently not cultivated today, may well have been so in ancient times.

Gathering and Cultivating Methods.
412 The agricultural implements of the present-
[177] day *Boruca* are almost completely borrowed from the *ladino*. The common tools are broad machetes and *macanas*, which have possibly evolved from a digging stick, and are made with a wooden shaft or handle and a small iron flat-edged blade at one end. This is used for digging holes or even cutting roots in the field. Spades and an instrument called a *cuchillo*, which is a long knife or machete, are also common.

243 The women open holes for sowing, using a
[462] long pole with a point at one end. The seeds are carried in a gourd (see p. 19) in one hand, and sown with the other. Ordinarily

form, as well as to make chicha. It is particularly prized, along with other colored ears, as ritual offerings to the saints or to ancient gods.

[20] The writer thanks don Jorge Leon of the Institute of Inter-American Affairs, Food Production Division, San José de Costa Rica, for the above information.

[21] The Boruca bean is also known in Guatemala, particularly in the west, where it is called *pinto*.

241 462 [178] Women formerly felled trees and did as much field labor as the men. Today, however, women do not clear the forest although they do cut the weeds and grass. On both sides of the range, men and women work in the fields and harvest crops.

262 241 **Cultivated Crops.** The basic diet of these peoples consists of tubers, *pejibaye*, cacao, bananas,[61] and plantains.

244 The importance of tubers is easily understood when one takes into account the following advantages: they can be grown in a wide range of soils; propagate without trouble; have few serious pests; will tolerate heavy rainfall; and are available throughout the year. The [137] principal root crops are yucas (*Manihot esculenta* Crantz) including the white, yellow, reddish, and purple varieties;[62] *tiquisqui* or *malanga* (*Xanthosoma violaceum* Schott); white and yellow *ñame* (*Dioscorea* spp.) and purple and white *ñampi* (*Dioscorea trifida* L.).

245 Cacao, bananas, and plantains are also year-round products which, once planted, do not need constant attention.

245 262 In fact, most of these basic foodstuffs are in production continually, assuring a permanent source of food. The *pejibaye* usually bears twice a year and requires from two to seven years of growth before producing its first crop. The value of its fruit as an element of diet, however, cannot be underestimated.[63] [137] There are several kinds of *pejibayes*—some red and some yellow, both with and without seeds.[64] They have been a traditional item of diet for the Talamancans since pre-Columbian times when they appear to have been cultivated extensively.[65] They are present at every ancient and modern indigenous site, but are not found wild in the forest.

262 241 This basic diet is supplemented with several varieties of beans among which are the *kubas*

[137] [177] [61] The banana is not an indigenous American foodstuff. It was brought to this continent at the time of the Spanish conquest by Friar Tomás de Berlanga.

[62] These names apply chiefly to the plant without the tuber. The distinguishing characteristics are: white yuca has many and large leaves and a straight trunk; yellow yuca has a yellow trunk and tuber; purple yuca has purple leaves but the root is white; red yuca has red leaves and white tubers.

[63] For food value of this fruit, *see* Appendix I.

[64] The Boruca are the only Costa Rican people who